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Food, Fitness & Fun

The decor of the M.T. Bellies restaurant, in Welland, provides a warm, inviting country kitchen atmosphere promising good food and fun with friends and family.

Photo by Rachel Leech

Fill your empty belly at festival

By RACHEL LEECH
Staff Writer

M.T. Bellies, a Welland restaurant, will be serving up some tasty samplers for this year's Food Festival on Oct. 4 and 5.

Baby back pork ribs, sautéd chicken, chicken quesidillas and Barq's root beer are what the M.T. Bellies crew will be offering at their Food Festival booth.

The Niagara Street restaurant has been in business for five years. It "hopes to gain more exposure from the festival," said John Clark, the owner and manager.

"Hopefully there will be some new people who come up to sample our food, like it, and then come out to our restaurant. Or similarly, we'd like to see our regulars come out and visit us," Clark said.

The restaurant opens at 11 a.m. "We are open from 11 a.m. to 1 a.m., Monday to Saturday and from 11 a.m. to 11 p.m. on Sundays," said Clark.

The restaurant is not open for breakfast but serves a variety of dishes for lunch and dinner.

"We have burgers, steaks, ribs, pasta, a real fun food menu. We have something for everyone," Clark said.

Empire Restaurant third time in festival

By JEFF SCHELHAS
Staff Writer

Burgers, dogs, and fries make a festival go round.

The Empire Restaurant at 106 Empire St. in Welland will be occupying its food booth in its third Niagara Food Festival.

Sue Dakin, co-owner of the restaurant, will be selling homemade hamburgers, hot dogs and poutine.

"I am expecting around 30,000 to 40,000 people to travel from booth to booth," said Dakin.

"We are preparing 500 hamburgers, and cutting 10 to 15 50-lb bags of potatoes," said Dakin.

"We just took over the restaurant in February, so this is our first festival. We have a few ideas how to decorate the booth for the best booth contest," said Dakin.

'Excellent venue'

By KEVIN MCKEE
Staff Writer

Joe Feta's Greek Village, 290 Lake St., St. Catharines, is marking its fourth year as part of the Niagara Food Festival this weekend.

Pierre Kountouris, owner, said, "It's good exposure and a good time."

There will be a Joe Feta's booth set-up with Greek culinary favorites such as souvlaki (pork) on pita, gyro on pita and last year's best dessert baklava.

"The Niagara Food Festival is an excellent venue," said Kountouris, "well organized."

Joe Feta's is one of the original vendors of the Niagara Food Festival.

Plenty of food

By RACHEL LEECH
Staff Writer

Plenty of food and drink for everyone!

That's what can be expected at this year's Niagara Food Festival on Oct. 4 and 5 at Merritt Island. This is the fourth year for the free-admission festival.

John Clark, of Welland, is the man in charge.

Clark, owner and manager of M.T. Bellies, a Welland restaurant on Niagara Street, has been festival chairman since it first began.

"There's something for everyone," Clark said.

"The past years have been really great. The growth has been tremendous. We hope to draw 40,000 people this year and we've grown to 40 vendors."

Clark, a Welland resident, came to the community after his family sold their Northern Ontario restaurant in 1984. Originally the owners of The Red Lion, the family operated the business for four years and later sold it as well.

"My family had other interests but I still had an interest for the hospitality business," said Clark.

He opened a restaurant near Brock University in St. Catharines, but it was "a short-lived" business. Clark then settled in Welland because "there was a void for this type of establishment in the community."

"The festival started to promote the food and wine industry within our area," Clark said. "This was a similar concept that bigger markets have used as a promotional vehicle. We are looking to do something for our area. Not just for Welland but for the whole Niagara region."

At this year's festival there will be representation from 25 restaurants and seven wineries with the remaining vendors being food producers of treats such as chocolates and the original Crystal Beach sugar waffles.

The festival's entertainment will be "very diverse." The Ontario Lottery Corp. will be there as well as local bands and the Sky Diggers.

Throughout the two days there will be jugglers, ice sculpting, a great selection of food and wines and some musical entertainment.

Photo from front page

Workers picking apples at Ridge Berry Farm in Ridgeville, are from left, Andrea Dunkley, 18, of Welland, Paul Dunkley, 16, of Welland, Shannon Coolidge, 24, of Welland, Stephen Larass, 17, of Fonthill, and Jim Durly, 17, of Fonthill.

Photo by Karen Gellatly

NIAGARA NEWS
Food, Fitness & Fun

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Food, Fitness & Fun

Thermadrene forces you to exercise

By KAREN GELLATLY
Staff Writer

Two months ago I met a friend of mine for coffee. I hadn't seen him since the beginning of school. He had lost a lot of weight, so I asked him for his secret.

He told me about a drug, Thermadrene, he bought in the health-food store and the great effects it had on him. I bought a bottle the next day.

The effects it had on me were nothing short of fantastic. I have suffered from asthma for years, and I could not exercise for very long without an attack. But when I popped a pill, I found I had unlimited energy and no trouble breathing.

I went from 10 minutes on the exercise bike to over an hour in one day. That was just the beginning.

'I asked him for his secret.'

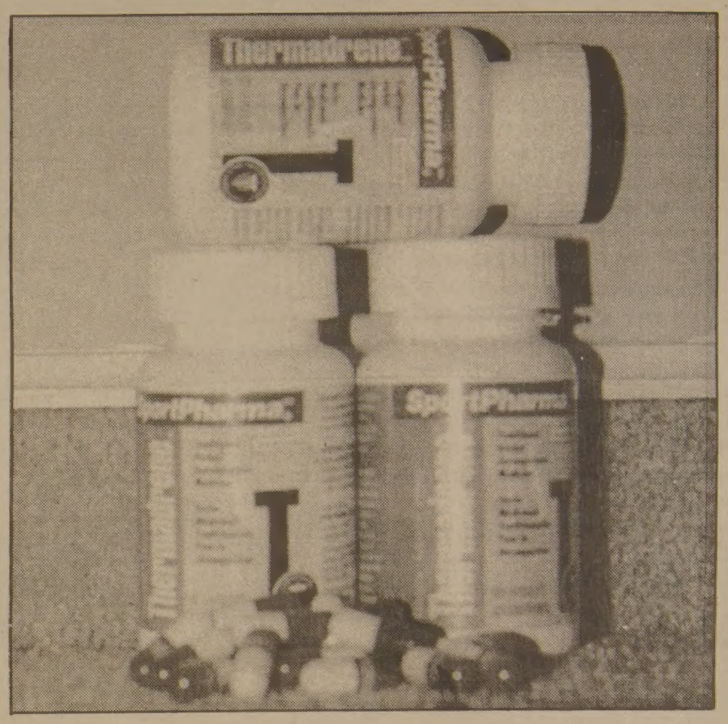
Thermadrene, classified as a "traditional herbal decongestant medicine," speeds up your metabolism and literally forces you to exercise to lose some of your new-found abundant energy.

In a three-week period, from the first day I started taking it, I lost 11 pounds. In this time, I ate a healthful, low-fat, low-calorie diet, but didn't starve myself.

I initially felt a quickened heartbeat. I went from a resting pulse of 70 beats a minute to 120 beats a minute, without moving. As I started to walk, my body began to move akin to a pendulum, not stopping or even tiring until I forced myself to.

I now workout every day, but take Thermadrene for five days on, two days off. I don't suggest it to everyone, but if you have trouble motivating yourself to work out, this may be the key.

As with any new diet or exercise routine, a doctor should be consulted before beginning. Thermadrene has a warning label cautioning people with high blood pressure, heart or thyroid diseases, diabetes, enlarged prostate gland, glaucoma, or if those on any prescription medications. It also says you should not exceed more than one pill a day, or take them for more than seven consecutive days.



Thermadrene, a herbal decongestant that boosts the metabolism, is made by SportPharma.
Photo by Karen Gellatly

Weightlifting room available for college students

By MARK RIEHL
Staff Writer

Niagara College students can get in shape without exercising their wallets.

The weightlifting room is in Mackenzie Building at the Welland campus with monitored sessions open free for students from 4:30 p.m. to 9:30 p.m. Mondays to Thursdays and 4:30 p.m. to 8:30 p.m. on Fridays.

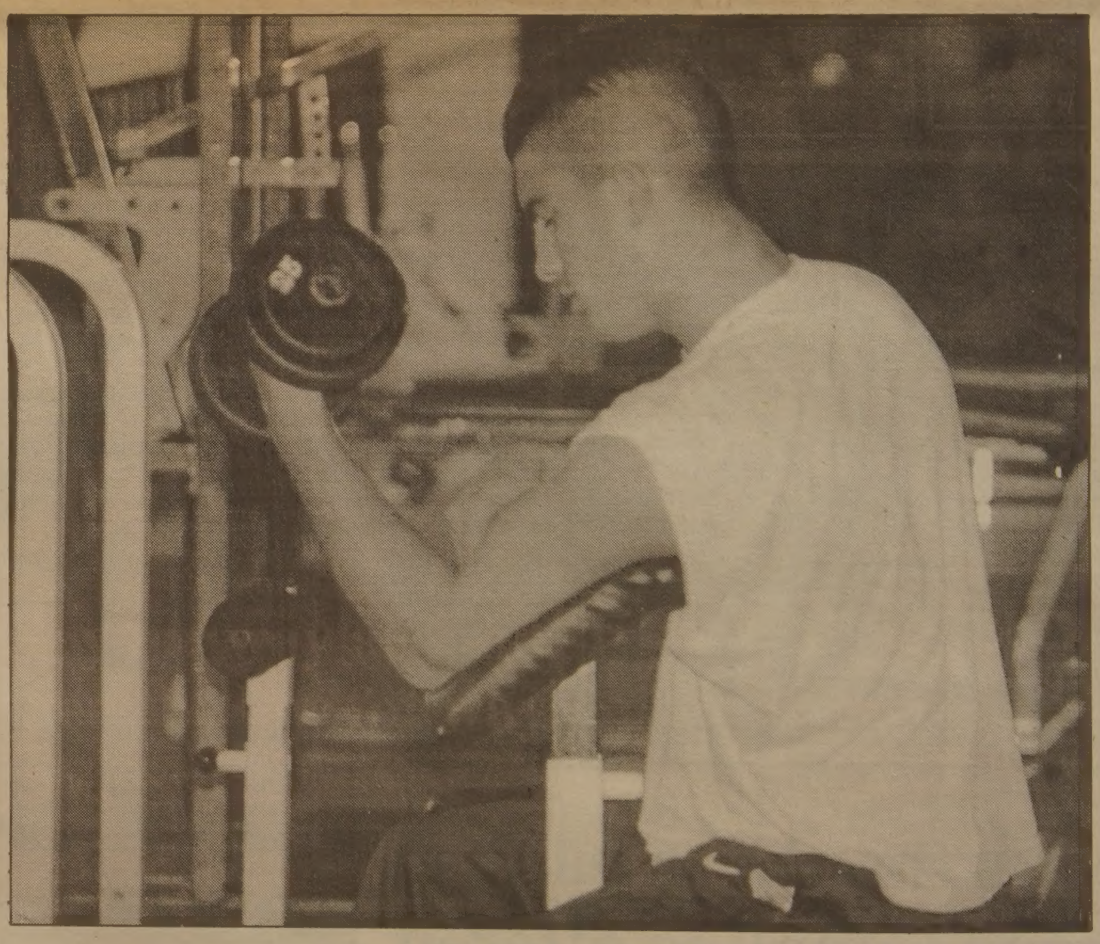
The weight room is monitored by two Niagara students working through Student Placement for the athletic department.

Jay Bassi, 25, and Floyd Sappleton, 23, began their placement on Sept. 8.

"We make sure people sign in, make sure the equipment stays here and if someone needs help or spots we are willing to help them," said Bassi, a second-year Business Administration Marketing program student.

"When you come here you shouldn't be intimidated by anyone because it's a friendly atmosphere here. There aren't that many people here so if you're shy it shouldn't be a problem," said Sappleton, a second-year Mechanical Engineer and Technology program student.

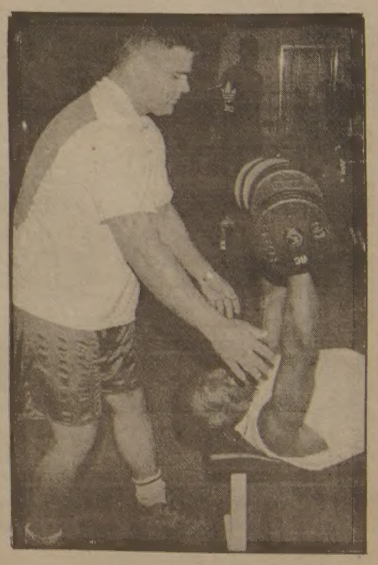
Bassi and Sappleton work out here during their days off.



Don DeCook works out free of charge at the college weight room in the Mackenzie building.
Photo by Mark Riehl

"What they have here for equipment is suitable for me," said Bassi, who has been working out for nine months.

"You can get a good full body workout here and there is plenty of equipment to accommodate everyone."



Jay Bassi and Floyd Sappleton

"Losing weight is not easy, but progressively it gets easy," said Sappleton.

"Working out is hard but it's easier if you have a routine."

Changing old habits can be done

By KAREN GELLATLY
Staff Writer

Asked why many people don't keep lost weight off, the common answer is — not maintaining proper eating habits.

Melanie Dalton, 43, is the centre director for Jenny Craig's Weight Management Centre in St. Catharines.

The centre, at 353 Lake St., opened on Sept. 2.

Dalton was born in England and moved to Montreal as a child. She attended Montreal's McGill University and Concordia University where she studied adult education.

Dalton moved to the Niagara Peninsula last year, and commuted to Toronto to work at a Jenny Craig centre.

Jenny Craig's Centre's aim is "to reach as many people as we can, and to help them lose weight," said Dalton.

Dalton's duties as director include "ensuring first and foremost that the staff is doing their job, maintaining the service level, keeping the centre welcoming and inviting, as well as qualifying the program to people who walk through the door. If this is kept up, we are ultimately profitable."

Members are encouraged to exercise, but the emphasis is on changing old habits and creating a new lifestyle.

Food, Fitness & Fun

Pageantry, music, food mark grape harvest festivities

It was follow the leader time during the annual Grape and Wine Festival Parade held Saturday, Sept. 27, through downtown St. Catharines. At right, this quadricycle, built by the Schmidt Bros. firm of Blue Vale, Ont., is propelled by the muscle power of Dave Schmidt, Clair Schmidt, Dave Vidal and Dave Hagelman. Below, American Civil War re-enactors fill the air with musket fire and smoke as they represent Confederate and Union infantry regiment forces.

Photo right by Brenda Beaven, photo below by Andrew Hall

Hernder Estate's family includes Vidal, Riesling, Late Harvest, Baco Noir

By JEFF SCHELHAS
Staff Writer

Treat your taste buds to some fine wine at the Niagara Food Festival this weekend.

The Hernder Estate Winery on 8th Avenue in St. Catharines is in its fourth year of participating in the festival.

They will have four of their wines to sample.

Vidal, a French hybrid, is good for an all-around white wine. It measures one on the sugar code and is very smooth.

The Riesling is a fruity white wine. It measures between one and one-and-a-half on the sugar code.

The Late Harvest wine is a sweet wine that measures six on the sugar code. It is an after-dinner or dessert wine that has citric undertones.

The last wine on display in the festival is the Baco Noir. The hybrid with blackberry and currant characteristics is low in tannin.

Hernder Estates Winery is expecting thousands of people to sample their product over the weekend.

Wine Rack says thanks to patrons but no free wine sampling offered

By BRENDA BEAVEN
Staff Writer

The fourth annual Niagara Food Festival on Welland's Merritt Island this weekend will be featuring some of the best food and drink the Niagara Region has to offer.

The festival gives regional residents a chance to experience a variety of food and drink.

An employee at the Wine Rack, who does not wish to be named, said, "The festival is good (publicity), and it lets Welland know we appreciate its business."

Regrets to all wine connoisseurs, but there will be no wine sampling at the booth.

"Probably the best-selling wine this year will be Riesling," said the employee.

She said she hopes the festival will bring in new business from other areas.

"It also keeps us in touch with the people."

There are three Wine Racks in Welland. The one at 815 Ontario St. will be present at the Food Festival for its third time.

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Food, Fitness & Fun

Farmer has green thumb

By PAUL JACKSTIES
Staff Writer

At the very first hint of daylight 72-year-old Al Conklin drives out to a plot of remote land he rents from the city.

Once there, he gets out of his car and engages in a practice he has been involved with for 55 years. He tends to his vegetable garden.

His crop includes beans, beets, broccoli, carrots and cucumbers. That's only under the ABC listings.

"I started growing vegetables as a hobby when I was 17. Now it's a business," he says of his life-long passion he began on York Street in St. Catharines. "Back then, in 1942, I collected horse manure left behind by the horse-drawn coal wagons and ice wagons." The droppings made for excellent fertilizer.

As well as providing for his own consumption Conklin sells his produce to two local restaurants and to seniors at various organized social gatherings.

"I've been dealing with certain people over 30 years," he says of his vegetables.

"The biggest challenge for a farmer is the weather," he states emphatically. "Last year was the worst year I ever had. Everything got washed out with rain. My beets rotted. My carrots rotted. The only crop that survived was the tomatoes."

Conklin shows no signs of slowing down. No doubt this has something to do with all the healthful food he eats. Only when the city comes in on the first of November and plows the land over he's left with no choice but to rest his gardening tools for another year.

There is still planning for the coming season.

An apple a day . . .

Eating on the job at Ridge Berry Farm, on the ladder are Andrea Dunkley and Jim Durly.
Photo by Karen Gellatly

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Quality showcase

By JEFF SCHELHAS
Staff Writer

"We will showcase our homemade apple fritters in our first booth at the Niagara Food Festival," said Susan Minor, manager of the Quality Bakery on West Street in Port Colborne.

Minor said she will be selling danish and fresh-baked bread.

"Many people are expected to come out for the food festival to try the many different kinds of food," she said.

"We will come well prepared for the turnout. Since we cannot prepare the food in the booth, we will have to bake it earlier in the morning," said Minor.

This is the first time Quality Bakery has participated in the festival because "we have not been ready in the past for the event," said Minor.

Quality Bakery has a few good ideas to decorate the booth for the "best booth," she said.

Quality Bakery has been open for 53 years and has been in the Port Colborne area for most of the firm's history.

Spiritual stress release

By CARRIE CHEHOWSKI
Staff Writer

Holistic healing is a non-traditional form of spiritual, physical and mental health care.

Lou-Ann Anderson, director of the Niagara Falls Holistic Health Centre, is a graduate of philosophy from McMaster University in Hamilton and from Carleton University in Ottawa for languages.

Anderson says "holistic means whole" and she looks for the source of pain and seeks to heal it.

Many methods such as art classes and music therapy workshops help in relieving stress. Yoga and Kung Fu classes, reflexology, massage therapy, symptomology and hypnosis are some of the many techniques used.

Narie-Paul Brumm, 55, of Fonthill, Ont., practices holistic healing.

St. Anne's Holistic Nutrition Centre in Fonthill opened last year. Brumm says "food alone isn't enough. . ." and says nutritional advice and supplements are sometimes needed.

Brumm offers methods such as ear candling, an ancient Indian proccess in which beeswax and cotton are used to drain sinus cavities and ears, nutritional analysis and herbal vitamins and mineral supplements.

Brumm received her education through a holistic nutrition correspondence course last year.

The Welland holistic healing centre, on 72 East Main St., holds its grand opening on Oct. 27 from 5 p.m. to 8 p.m.

Salute to festival participants

Arcuri's Cheese World, 151 Crowland Ave., Welland
Captain Club's, 810 East Main St., Welland
Casino Niagara, Box 8888, Niagara Falls
Cave Springs Cellars, 3836 Main St., Jordan, Ont.
Cellar Bench Restaurant, 81 James St., St. Catharines
Choo-Choo-Charlies, 395 Ontario St., St. Catharines
Copelle Enterprises, 55 Chantal Court, Welland
Country Corner Meat & Deli, 686 Quaker Rd., Welland
Don Coyote's Market, 800 Niagara St., Welland
Double V Middle East Kitchen, 152 St. Paul St., St. Catharines
Elio's Deli, 4450 Ontario St., Beamsville
Empire Restaurant, 106 Empire St., Welland
Freighters Restaurant, 1932 Government Rd., St. Catharines
Garden Gate, Box 130, Port Robinson, Ont.
Hernder Estates Wines, 1607 8th Ave., St. Catharines
Italian Ice Cream, 5458 Victoria Ave., Niagara Falls, Ont.
Joe Feta's Greek Village, 290 Lake St., St. Catharines
Lake Land Game Meats, 1226 Regional Road 81, St. Catharines
M.T. Bellies Restaurant, 871 Niagara St., Welland
Mosstree Shop and Coffeehouse,37 Hellems Ave., Welland
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5881 Dunn St., Niagara Falls, Ont.
Niagara Herb Farm, 1177 York Rd., St. Davids, Ont.
Niagara Regional Pork Producers, 20 Mountain St., Grimsby, Ont.
Nigh's Sweet Shop, 3757 Netherby Rd., Stevensville, Ont.
Ontario Commercial Rabbit Growers, 693 South Pelham Rd., Welland
Original Crystal Beach Sugar Waffle, 441 Parkdale Ave., Fort Erie, Ont.
Pardon My Garden, 5703 Ferry St., Niagara Falls
Pillitteri Estates Winery, Gary's Farm Market,
1696-1710 Niagara Stone Rd., R.R. #2, Niagara-on-the-Lake, Ont.
Quality Bakery, 220-22 West St., Port Colborne, Ont.
Rinderlin's Dining Rooms, 24 Burgar St., Welland

(Continued on page 7)

Food, Fitness & Fun

Changing your eating habits can be done

By KAREN GELLATLY
Staff Writer

If you're having trouble figuring out why so much of what you eat is accumulating on your hips, pick up a book.

Specifically, read Susan Powter's *Food*, a tome about nutrition written in a language anyone can understand.

Powter makes changing your eating habits a simple thing, not the unbearable ordeal you think. She combines facts, interviews, wit and simple truths to motivate you, and keep you inspired long after you have put the book down.

Powter claims to have lost 133 pounds with her new lifestyle, and though there have been claims this is untrue, I think it's beside the point. What is important is that someone has done the research about what is healthy or unhealthy for our bodies. We are free to read just one book, saving time and energy for our workouts.

Food is filled with statistics about what is in the food we eat. It includes great recipes, charts and a simple math technique showing the percentage of fat in food.

Powter makes changing eating habits simple

Reading *Food*, you may find yourself surprised at some of the facts Powter reveals. If you want to lose weight, or just learn to eat as a healthier, happier person, read *Food*. It will give you the start you need, and you'll feel better about yourself.

"You know you don't feel good because you're tired. You know you don't look good because you have mirrors in your house."

A bird's eye view

A juggler gets a different perspective on the annual Grape and Wine Festival parade in St. Catharines on Sept. 27.
Photo by Andrew Hall

A great abdominal exercise

By KAREN GELLATLY
Staff Writer

If you want tight abs, *Body Break's Ab Master* is a great abdominal exercise device.

The equipment comes with a workout video which I find helps me deal with the pain, as I can scream at Hal Johnson and Joanne McLeod.

I have tried many other products on the market, but the *Body Break Abdominal Workout Program* is the only one I've been able to stick with.

In the first few months, along with a cardiovascular workout everyday, I lost three inches from my waist and hips.

The muscles don't appear magically on their own

Doing a cardiovascular workout, such as walking, jogging, or aerobics, is the only way to lose the fat which lies on top of abdominal muscles.

The muscles don't appear magically on their own; they need to be uncovered.

Obtaining a flat stomach is a lengthy process, and you need to be determined to obtain your goals.

If you know the correct way to do situps, you probably don't need to invest the money on an ab device.

I do find great motivation though in seeing it sitting in front of my television.

TIMELINE

Indians name Robinson first black manager

By KEVIN HARDING
Staff Writer

On this day in 1974, the Cleveland Indians named Frank Robinson their new manager, making him the first black manager in the history of Major League Baseball.

Columnist praises fitness video

Fantastic Results in Only 10 WEEKS
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Michele before
Michele after lost 22 lbs. in 10 weeks
Hosted by DINI PETTY

By CARRIE CHEHOWSKI
Staff Writer

The *New Beginnings* workout video is the best fitness program I've experienced.

Two videos come in the package. The first is an interview with expert dietitian Julie Nadeau. She shares advice about fat and calorie intake and the advantages of regular exercise. Also on the first tape are interviews with two women who successfully lost a combined 44 pounds.

The second tape is the 55-minute low-impact aerobic workout designed by Shelly McDonald. The camera shots allow the beginner to follow along with ease and see McDonald's legs and feet.

A seven-day meal plan is included in the package as are recipes for delicious low-fat meals.

With a proper diet, aerobic exercise and an easy-to-follow video, *New Beginnings* gives you the help you need to lose those extra pounds.

'Fantastic moves' hinder beginners' ability to learn aerobic steps

By KAREN GELLATLY
Staff Writer

If you're considering buying your first aerobic video, stay away from Reebok's Sweat Factory.

The cardiovascular workout, Rhythm Section, is set to club and funk music, and the moves accompaning it are nothing short of fantastic. The trainer, Petra Kolber, is a high-energy dancer who expects beginners to know her advanced steps.

The angles the video are shot from are ridiculous. The camera may be focused on a background go-go dancer, while Kolber is introducing a new step. The dancer's feet are rarely shown, which doesn't help the learning process.

The tape is 30 minutes long, including a four-minute warmup, a 23-minute workout, and a three-minute cooldown.

Your muscles need more than three minutes of cooldown to relax. They need time to stretch back after you have tightened them up. The result: the next day you're too sore to do it so you don't bother.

Unless you have a degree in dancing, I don't recommend this video.

Food, Fitness & Fun

Welland Curling Club ice technician Randy Beaulieu paints the rings on the ice in preparation for the open house. Everyone who wants to try curling is welcome to attend.

Photo by Kevin Harding

Try curling at Welland club open house

By KEVIN HARDING
Staff Writer

The Welland Curling Club is holding its annual open house from Oct. 6 to Oct. 11 and anyone interested in trying the Roaring Game is welcome to attend.

Instructors certified by the Ontario Curling Association and the Canadian Curling Association will be on hand to help beginners learn the proper techniques for delivering stones and sweeping.

Mark Chambers, curling club membership committee spokesman, said the event is geared to those people who have never curled and are unsure about how to become involved.

"Everyone who wants to try curling will be given a chance," said Chambers. "All they need to do is wear warm, loose clothing. We will provide all necessary equipment free of charge."

Chambers stressed that new curlers would have the opportunity to learn about the various leagues and membership packages available.

"We also offer a special $50, six-week trial membership for people who want time to decide whether or not curling is for them," said Chambers. "It's tough to decide based on a few lessons. You have to play in a real game."

The open house runs from Monday, Oct. 6, to Saturday, Oct. 11, at 497 King St. in Welland.

The times are Monday to Friday 1 p.m. to 3 p.m. and 7 p.m. to 9 p.m. and Saturday from 11 a.m. to 3 p.m.

For membership information, call 734-9411 or 735-3897.

Surprising facts on curling

By KEVIN HARDING
Staff Writer

Here are some interesting facts about curling:

- The Stirling Stone, found at the bottom of a pond at Dunblane, Scotland, and dated 1511, is the oldest known curling stone.
- The Jubilee Stone is the largest curling stone ever found, weighing in at an astonishing 53 kilograms (117 pounds).
- In 18th century Quebec, Scottish soldiers melted down cannon balls and forged curling "irons" weighing up to 30 kilograms (65 pounds) each.
- Today, there are over 1 million curlers in Canada compared to just over 20,000 in the U.S.
- Canadian curling teams have won more than 40 world championships since formal international competition began with the inaugural Scotch Cup in 1959. This is more than all other countries combined.

The road to success through healthful eating

By CARRIE WHITE
Staff Writer

If success is what you're aiming for, then good health is your best asset.

In order to be a successful person, you have to be energetic.

Your body needs energy to function.

The conclusion?

Healthful eating is a key factor in being a successful person.

By healthful, I don't mean you have to eat raw vegetables all day, only drink water and avoid fat at all times. It's easy to have a health-diet without depriving your body of essential nutrients.

The first step is figuring out what foods are unhealthful and which foods are just thought to be unhealthful.

Red meat is sometimes considered to be an unnecessary part of the diet simply because it can be very fatty, but remember the saying "Everything in moderation."

You don't have to cut it from your diet, just don't eat steak every night for the next 50 years!

Opinion

The term "low fat" doesn't necessarily mean that the product is healthful.

A lot of companies market their products by telling the consumer the product is low in fat. What they don't mention is that some of the additives in those products aren't really healthful.

The most important thing to remember while trying to achieve healthful eating patterns consistency.

Eating three big meals in a day is a bit better, but the best way to stay healthy is to eat smaller, healthier meals that keep your body consistently fueled.

Try having a smaller breakfast (like a grain cereal and a fruit, followed by a cup of yogurt and a glass of milk). Have a mid-morning snack (something like raw veggies or a bagel), eat a small lunch, have a mid-afternoon snack and a medium-sized dinner. Eat whatever you want for dinner. Depriving yourself of foods you like to eat will just trigger gorging and that is unhealthy.

Salute to Niagara Food Festival participants

(Continued from page 5)

Spice of Life Cafe & Gourmet Food
34 James St.
St. Catharines

Spicy Thai
208 Church St.
St. Catharines

Thirty Bench Wines
4281 Mountainview Rd.
Beamsville, Ont.

Touch of India Restaurant
126 St. Paul St.
St. Catharines

Tradewinds International Cuisine
1469 Pelham St. South
Fonthill, Ont.

Tropical Breeze Products
McLellan Marketing
52551 Priestman Rd., Wainfleet

Vineland Estates Winery
R.R. #1, 3620 Moyer Rd.
Vineland, Ont.

Wildflower Restaurant
200 Hwy. 20 East
Fonthill, Ont.

Wines of Woods End Winery
R.R. #3
Fenwick, Ont.

The Wine Rack
815 Ontario Rd.
Welland

Food, Fitness & Fun

Festival memories to share, wear

By DAVE BARNHARDT
Staff Writer

You'll never forget this festival.

You can get your hands on a wide variety of souvenirs at the Niagara Food Festival this year.

Designed by Enigma Promotions of Niagara Falls, the line includes sweatshirts, jackets, hand bags, tote bags, baseball caps and portable stools.

Richard Bingley, president of Enigma Promotions, headed up the team.

Bingley said the process, which began six months ago, has resulted in a line that is "good for everyone."

"We wanted to have fun with it."

This is the first year he has worked with the Niagara Food Festival, but having worked with other festivals for 12 years, Bingley said he has gained experience in choosing fabrics and items that will be successful.

"Denims usually work quite well."

At the festival's souvenir booth, sweatshirts will be available for $40, caps for $10, stools for $20 and a limited edition custom-made festival jacket for $49.95. These prices include tax and with every purchase, you will be entered into a draw for a trip to Orlando, Florida.

This is the first year of a two-year contract with the festival for Enigma. Bingley said "the food festival guys are spectacular to work with."

"I like being part of the community. Providing the weather stays, it'll be a good turnout."

Enigma worked with the Grape and Wine Festival last year and has done fundraising for the Humane Society of Ontario.

Bingley has completed work on a design called the "Kongaroo." It is a "pouch-like T-shirt" which may be used at the 2000 Olympics in Australia.

"It will be (at the Olympics), either in an official or unofficial capacity."

A display wagon of gourds and squash can be seen at the Winnicki's Pumpkin Patch on Sumbler Road in Pelham. Besides the display, visitors can pick pumpkins and tour a ghostly house.

Photo by Tracy Jay

Sky painting

By CRYSTAL OLDER
Staff Writer

Colorful streams of light and unusually shaped figures fill the parkway skies.

In Niagara Falls, Ont., on Nov. 22, is the kick-off for the Winter Festival of Lights, which ends Jan. 20.

The two-month festival includes scenes such as Disney's Lion King, Mickey's Toon Town, Sleeping Beauty's Castle, Aladdin, Little Mermaid and Pocahontas.

A car show and Santa Claus parade also take place during this time.

Winter Festival of Lights was established in 1983 and has successfully attracted many tourists to the "Honeymoon City," making it hard to find a motel room.

A New Year's Eve bash for the whole family is the highlight of the festivities.

Pelham councillor Catherine Kuckyt hands a pumpkin to runner Rose Lister for the Niagara Food Festival which takes place this Saturday and Sunday on Merritt Island in Welland.

Photo by Tracy Jay

Traditionfest

Celebrating Oktoberfest history

By CRYSTAL OLDER
Staff Writer

The crowning of a prince. A tradition for nearly 187 years.

The Oktoberfest, better known as the Pumpkinfest, started in 1810 in Bavaria.

This festival was originally created to celebrate the marriage of Prince Ludwig the First to Princess Therese.

The citizens of Munich, Bavaria, wanted to express their joy.

Each year on that day all of the people in the city would gather and celebrate the anniversary of this event.

In these festivities activities includes horse racing, cattle and horse shows among others which would have filled the first two weeks of October.

The colorfulness of the costumes provided unforgettable experiences for all the people in the city.

Today, the two-week long festival consists of concerts, magicians, fashions shows, barrel racing and, of course, the pageant ball.

This festival takes place in Kitchener-Waterloo from Oct. 3 to Oct. 18.

When looking for activities to do during the beginning of October on the cold days a great activity would be to visit a fashion show or participate in family day. You are sure to have fun.

'High energy' Cummings takes to stage

Tourism of Welland Niagara has announced popular Canadian country singer Chris Cummings will appear at this year's Niagara Food Festival as part of the Instant Bingo Rising Tour.

Cummings will bring his high energy dynamic performance to the festival's Instant Bingo stage on Welland's Merritt Island Saturday afternoon, Oct. 4.

Cummings, 22, is nominated for the Canadian Country Music Association's 1997 "rising star" award. He has performed with some of country music's biggest names including Garth Brooks and Martina McBride. He has appeared live on national television, produced a popular music video, and signed a record deal with Warner Brothers.

His hit record and video **I waited** peaked as a top 5 country single in Canada. The album **Somewhere Inside** went platinum, selling more than 100,000 copies.

The follow-up video and single, *Sure Enough* was placed on high rotation on the New Country Television Network and climbed to No. 1 where it stayed for two weeks.

"Cummings will be an excellent addition to the musical line-up we're planning for this year's festival," said Dave Rapelje, the festival's entertainment chair.

"We also plan to present an international musical flavor to the festival by featuring performances from some of Niagara's most popular musicians whose roots include various ethnic cultures."

Admittance to the popular Niagara Food Festival is free and will feature food and wine from 40 Niagara Region restaurants, wineries and food producers. The festival expects to draw 40,000 hungry visitors to Merritt Island Saturday and Sunday, Oct. 4 and 5, to experience "the peninsula's tastiest party."

Food, Fitness & Fun

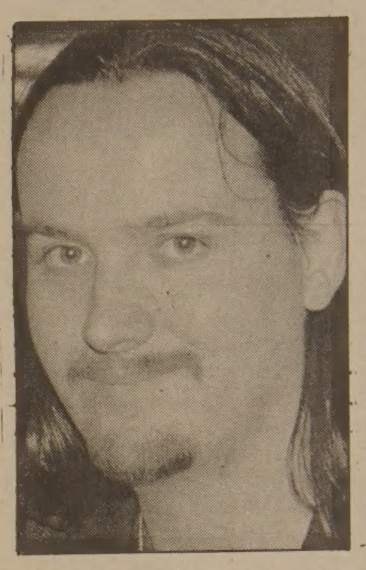
What's your favorite food? How do you work it off? Word on campus is . . .

By CRYSTAL OLDER and KEVIN MCKEE
Staff Writers

Julie Dicato, 22, of Welland, a second-year Business Administration -Marketing program student, says, "I like my mom's homemade cabbage rolls. I just work it off, that is all."

Julie Racey, 21, of Niagara Falls, a second-year Business Administration -Marketing program student, says, "Pizza. I take aerobics classes three days a week."

Heather Burton, 21, of St. Catharines, a post-graduate Public Relations program student, says, "Pasta, or any noodles. On good days I go to the gym and do cardio and weights but on bad days I just take the stairs instead of the elevator."



Jon MacQuillen, 25, of St. Catharines, a second-year General Arts and Science program student, says, "I love chocolate. I burn it off by walking around the campus."

Lisa Heydon, 19, of St. Catharines, a first-year Journalism-Print program student, says, "Chinese food, but I really don't burn it off."

Hydrogenated oils affect blood's 'good' cholesterol levels

By MARK TEMPLE
Staff Writer

Food or floor wax.

Hydrogenation is a process converting vegetable oil into a solid product. It is listed on the ingredients label of prepackaged foods such as cake mixes and other baked goods.

Hydrogenation allows the manufacturer to produce large quantities and not risk rancidity, a common problem when cooking with animal fat.

It is important to know humans need cholesterol for many body functions. It is manufactured by the human body and by all animals as well as fish and fowl.

Dietary cholesterol, which includes completely hydrogenated oil, is found in the foods you eat and contributes to the elevation of blood cholesterol.

Saturated fat, found primarily in food of animal origin, does too. It can be identified as fat that remains solid at room temperature. Marbled steak and shortening have saturated fat.

The process of hydrogenation increases the saturated fat content. The more an oil is hydrogenated the more saturated fat it contains.

On the other hand, foods containing oil that has been partially hydrogenated may be an acceptable low-fat food.

Today, on many packaged products the nutrition label allows you to compare the content of fats, sodium, carbohydrates and protein.

The way to identify a good low-fat food choice is to read the label. If the food contains twice as much polyunsaturated fat (which includes partially hydrogenated oil) as saturated fat, it is considered acceptable.

Saturated fats raise the blood cholesterol twice as much as an equal amount of polyunsaturated fat lowers the blood cholesterol level. By consuming more polyunsaturates than this the blood cholesterol level will actually be lowered.

The key to maintaining an optimum blood cholesterol level is to read what you eat and compare.

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Food, Fitness & Fun

Food can be fun

By JEFF SCHELHAS
Staff Writer

Fun, food and fitness. The essentials of life.

You can have all three this weekend at the Niagara Food Festival on Merritt Island.

You, your family and your friends can walk around the island, enjoy the food and have fun watching the demonstrations of cooking and ice carving.

It's not the only way to have fun while eating and exercising. You can go to a park with friends, or loved ones, have a picnic and go for a walk. You can enjoy the nature around you, get away from the everyday world and just have fun.

Personally, after a long week, the most relaxing thing is to go for a peaceful nature hike.

If that is too energetic for your lifestyle you can have a barbeque in your backyard, or at that friend's home with a pool. Cook steaks, bake potatoes and have a Caesar salad while enjoying a beer.

After dark you can make a small fire in the backyard and enjoy the fresh night air. But before dark you can play football on the lawn or the park down the street. Or simply play catch.

The three F's can also be enjoyed in simple places such as work or in school. If you enjoy your job then you should be having fun, unless you are a suit and sit behind a desk or computer screen and never leave that chair you sit in. Remember, you have all night to get your food and fitness into your schedule. When you get home from work you can have a healthful meal such as pasta, and go for a sunset walk or to a gym.

If you are a student with a full-time schedule then you usually have a spare for lunch, you can eat lunch and you can get some exercise. If the weather is appealing you can go outside and play Hackey Sack, volleyball or any other sports. If the weather is not good you can go to the gym and exercise or play basketball.

But whatever you do in life, and no matter where you are remember the three F's, and daily life will be less frustrating.

Eating properly pays

By KATHLEEN McARTHUR
Staff Writer

With today's fast-paced lifestyle, it is difficult to eat healthful meals.

Active lifestyles have forced many people to turn to quick fixes, such as visiting drive-through restaurants and selecting a meal from the limited menu or eating while they rush to their next appointment.

"The more the food is pre-prepared, the more additives are added, and the less the nutritional value in the food," said Carolyn Hurst, the Niagara College nurse, of the Health Centre in the Lundy wing at the Welland campus.

"We live in a culture where time is of the essence," said Hurst. "We tend not to worry about the results of eating while we are in our 20s until the health risks starts to show the effects in our 30s and 40s," she said.

"In our busy schedules, we tend to eat french fries and burgers or thick steaks, all of which are high protein and high in fat," she said.

Canada's Food Guide is an outline for healthful eating. It recommends daily servings from the four major food groups. The recomended servings are for breads, pasta and rice between five and 12 servings a day. Fruits and vegetables five to 10 servings with a medium sized apple or a banana as a suggested serving.

Milk products for the average adult is two to four servings a day. Try to chose low fat milk when possible. Meat and alternatives are recommended at two to three servings at 50 to 100 grams a serving.

The safest diet is eating "a balance from all of the groups in moderation," said Hurst.

Read labels to find the nutritional content of food. If the label says that the product is "light" or "lite" the labelling can refer to taste, texture or look, not neccessarily the calories or fat content.

"Home cooking takes time," said Hurst. "We should all treat ourselves to a home-cooked meal."

Roots of root beer

By KEVIN HARDING
Staff Writer

• In the early 19th century, North American colonists dried and boiled the roots of the sarsaparilla plant to create a pungent liquid first used in homemade cure-alls such as cough syrup.

It was not until 1866 that Philadelphia medical student Elmer Hiles studied this concoction and decided that, although it had almost no medicinal value, it could be marketed as a novel new drink. In 1876, after years of experimentation, Hiles started a national business selling his "root beer" for five cents a mug.

• In late August, 1896 new Chinese ambassador to the U.S. Li Hung-Chiang created a sensation by arriving in Washington with three cooks, five valets, a personal barber and 22 servants. The flamboyant ambassador's first decision was to hold a gala dinner for President Grover Cleveland and, in honor of the occasion, he ordered his chefs to prepare a brand-new dish. As a result, chop suey was created on Aug. 29, 1896.

• At the Lousiana Purchase Exposition of 1904, a particularly popular ice cream vendor found himself in a jam when he ran out of serving dishes. In desperation, the enterprising man bought a batch of pastries from a fellow vendor and served his ice cream in the pastry. Before the Exposition was over, ice cream cones were catching on across North America.

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Knowing your way around the kitchen the low fat way

By JENN WALKER
Staff Writer

Low-Fat Cooking Tips

- use non-stick pans and skillets to avoid use of oils and/or butter
- use a non-stick cooking spray instead of oil and/or butter
- cook food by grilling, baking, boiling, roasting, etc. Don't fry foods
- steam vegetables to save nutrients and vitamins
- the most healthful oils are canola oil and olive oil
- remove skin from chicken to reduce fat content by 50 per cent
- white meat is lower in fat than dark meat
- with meat, remove all visible fat before cooking
- drain ground beef and then rinse with warm water to get rid of fat
- use water-packed tuna
- instead of using egg yolks, use the whites and add a little water
- look for reduced fat dairy products (cheese) in the grocery store
- use milk in your coffee instead of cream
- fat is flavor so reducing it in recipes may taste bland; add spices
- use 1 per cent milk (2.6 grams fat per cup) or skim milk (0.4 grams)

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Food, Fitness & Fun

Delicious food, fun at Food Festival

The Niagara Food Festival is just the recipe for a colorful fall outing in the beautiful Niagara region.

On Oct. 4 and 5, 40,000 people are expected to converge on Welland's Merritt Island for the fourth annual party. This year, seven Niagara area wineries will join 33 regional restaurants and other food producers to provide an array of local wines that will tempt and compliment any palate at the annual food festival.

The 40 regional food and wine exhibitors puts the festival in another sold-out position.

Hernder Estates Winery will be featuring Vidal, Riesling, Late Harvest and Baco Noir. Pillitteri Estates Winery will be serving Riesling Dry, Chardonnay Barrel Aged and Cabernet Sauvignon. Vineland Estates Winery will present Dry Riesling, Seyval Blanc and Carriage House Red. Wines of Woods End will serve Chardonnay and Cabernet Sauvignon. Cave Spring Cellars will present Chardonnay, Rose and Dry Riesling and Thirty Bench Wines will offer Late Harvest Riesling, Semi-sweet Riesling and Meunier Red. Also participating is the Wine Rack.

"The festval provides an opportunity for visitors to test the waters in new areas of cuisine," said festival Chair John Clark.

Participating restaurants will be serving up an array of tasty foods from around the world. Visitors can sample multi-colored ravioli stuffed with mushrooms, shrimp calypso and grilled chicken with roasted red pepper dip, crab cakes with a black bean tomato salsa, rabbit sausage, venison pepperettes, chicken tandoori with rice, lemongrass noodle soup and many other culinary adventures.

Zehrs will be presenting hourly demonstrations featuring Ted Reader, executive chef for Pesident's Choice and Loblaws.

Other activities include eclectic stage entertainment, buskers, clowns, ice carving demonstrations and much more. Merritt Island, a garden and water park situated between the Recreational Welland Canal and the Welland River, will again serve as home to the popular Niagara Food Festival.

Visitors are welcome Saturday, Oct. 4 from 11 a.m. to 11 p.m. and Sunday, Oct. 5 from 11 a.m. to 6 p.m.

Once on the island, visitors will buy the official Niagara Food Festival currency, coins specially minted for the festival by Casino Niagara and spend these "bite bucks" at the 40 restaurants, wineries and food exhibitors.

Admission to the festival remains free. The festival organizers encourage visitors to park their cars at the Niagara Regional Fairgrounds on Niagara Street and take the Charterways shuttle bus to the festival.

The Niagara Food Festival is an annual event the whole family loves . . . fun, food and fresh air, it all adds up to the "Peninsula's tastiest party."

Local man designs 'fun and fresh' logo for festival

In an unanimous decision, a design submitted by St. Catharines artist Andy Clenik has been selected the winner in the 1997 Niagara Food Festival poster competition.

Festival organizers introduced Clenik and his winning design Sept. 12 at the Niagara Regional Exhibition in Welland.

The image will appear on posters promoting the Oct. 4 and 5 festival to be held on Welland's Merritt Island. For his efforts Clenik collects a $1,000 prize.

Twenty-one Niagara area artists submitted designs in the annual Niagara Food Festival poster competition.

Janet Prince, chairperson for the competition, said, "Clenik's image captures the food, fun and fresh air aspect of the festival. The graphics are bold and bright and our judges were impressed with how he integrated the festival's musical component and the food with Welland's trademark bridge in the background."

Last year, an estimated 30,000 people attended the two-day festival and this year organizers are anticipating 40,000 visitors.

"The festival will go rain or shine, although we're praying for sunshine," said Niagara Food Festival Chair John Clark.

Billed as "the peninsula's tastiest party," the Niagara Food Festival showcases 25 regional restaurants, 15 wineries and other local food producers. New exhibitors this year include Nigh's Sweet Shop, Niagara Herb Farm, Cave Spring Cellars, the Wildflower Restaurant, Spicy Thai, Thirty Bench Winery, Freighters and Don Coyote's.

Festival goers will exchange Casino Niagara Bite Bucks purchased on the site for food and wine samples from the 40 exhibitors. Visitors will enjoy exotic fare such as lemongrass noodle soup to homegrown favorites like beef back ribs. Zehrs and President's Choice cooking demonstrations will feature their executive Chef Ted Reader.

The Skydiggers headline the Instant Bingo entertainment stage Saturday evening. Festival goers will also see and hear Canadian Country Music 'Rising Star' nominee Chris Cummings.

Admission to the popular festival is free. Festival organizers encourage visitors to park free at the Niagara Regional Fairgrounds on Niagara Street in Welland and take the Charterways shuttle bus to the Niagara Food Festival.

Skydiggers highlight festival

Molson presents one of Canada's best-loved rock groups, the Skydiggers, at the 1997 Niagara Food Festival. The Skydiggers are currently on tour supporting their fifth album. The band glides onto Welland's Merritt Island Saturday, Oct. 4, for an 8 p.m. performance on the festival's Instant Bingo stage.

Garnering several awards along the way, the Skydiggers have consistently delivered some of Canada's best music.

Known for their brilliant live shows, they have built a solid national following since the group first formed in 1988. The Skydiggers are led by vocalist Andy Maize, guitarist Josh Finlayson and bass player Ronnie Von Jonnie.

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We're all heading for Shade

By DAVE BARNHARDT
Staff Writer

If it's too hot at the food festival, head for the shade.

The Canadian band Shade will be one of the headliners at this weekend's Niagara Food Festival.

Shade consists of three members — Paul Brundtland (lead vocals/percussion), Paul Antonio (drums/back-up vocals) and Don Nevison (guitars/back-up vocals).

The band formed in 1993, all of the players having a rich background in performance and writing in bands that span the musical spectrum. **Porpoise**, their first CD release, is an arresting array of songs in their trademark urban earth sound.

They received an overwhelming 80 per cent "smash vote" on The X 88.5's Smash or Trash listener's poll and they have been in rotation for the past 10 weeks.

They headlined the Guadalajara International Festival, and receive international airplay in Israel, Norway and Jamaica.

Those who have seen Shade live get vibes that video just can't transmit. Spending years honing their "chops" with the likes of Base is Base, One and Liberty Silver, among many others, it's easy to figure out why they have been packing clubs as headliners.

Festival to showcase area restaurants

By KATHLEEN McARTHUR
Staff Writer

The world of flavor comes to Welland.

Tourism of Welland Niagara (TOWN) was formed as a commity of town council in 1990. One of the mandates was to be a developer and promoter of tourism.

The first year of the Niagara Food Festival was held at the Market Sqare, downtown Welland. The following year it was moved to Merritt Island, off Cross Street, "because the number of people that attended exceeded the expectations," said Rick Woodward, 49, of Fonthill, co-ordinator of the festival.

Woodward, manager of TOWN, first wrote the plan to generate income and promote the town. He said the festival "was truly regional as in brings all parts of the region together, in the form of guest and exhibitors, "the real stars of the festival are not the entertainers, the stars are the restaurants," said Woodward,

Welland will host 40 of the region's restaurants and wineries with on-stage cooking demonstrations, at the top of the hour, by Ted Reader, Loblaws executive chef. Ross Navarro, worldwide champion ice-sculptor, will display his talents during the weekend.

A variety of entertainment has been included at 20 minutes after each hour, ranging from country, blues, jazz and salsa.

"To fit the international flavor of the event," said Woodward.

The list of entertainers include Country Music Association rising star award-winner Chris Cummings. Also performing will be James Brown, not the godfather of soul, playing traditional folk music. Murphy's Law will present selections of celtic music and Un Poco Latino will make your toes want to salsa.

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